

NAVY Recruiter

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Articles

- 4 CNRC names 2001 Sailor of the Year
- 5 The MCPON's take on Recruiting
- 6 Fulfilling dreams and making Goal
- 8 Showcase: The Great Communicator brings you closer
- 9 The Complete Recruiter: Taking on a task greater than one's own self
- 10 Tech Prep is spreading: Lamar State College-Port Arthur, Texas is the latest Navy partner.
- 12 1 in a Million: NRD Ohio recruiter hits the Big Apple for big bucks

Departments

- 3 From the Top
- 14 Recruiter Health
- 15 Best Stations in the Nation

On the cover:

The Pacific Ocean, Mar. 11, 2001 — Aviation Boatswain's Mate 3rd Class Adam Lewis and Aviation Boatswain's Mate 3rd Class Janice Cain direct the landing of a CH-46D *Sea Knight* helicopter on the flight deck of the amphibious assault ship *USS Essex* (LHD 2). *Essex* is operating in the Pacific Ocean off the coast of Iwo Jima conducting deck landing qualifications. U.S. Navy photo by Photographer's Mate 3rd Class James Davis.

On the back cover:

The Pacific Ocean, Mar. 10, 2001 — An F/A-18C Hornet attached to the "Royal Maces" of Strike Fighter Squadron Two Seven (VFA-27) launches from the bow catapult of *USS Kitty Hawk* (CV 63). *Kitty Hawk* is on a routine deployment in the western Pacific Ocean. U. S. Navy photo by Photographer's Mate 1st Class William R. Goodwin.



Navy Recruiter

RADM G.E. Voelker

Commander, Navy Recruiting Command
CNOMC(SW) Kenneth W. Cromer
CNO Directed Force Master Chief

LT Bradley Fagan

Managing Editor

JO2 Bashon W. Mann

Editor

JOSN Chris Conklin

Staff Writer

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Submissions should be sent to:

Editor, Navy Recruiter Magazine

Navy Recruiting Command

Public Affairs Division (Code 81)

5722 Integrity Drive, Bldg. 784

Room 100

Millington, TN 38054-5057

Telephone: Comm. (901) 874-9070

Fax: (901) 874-9074

DSN: 882-9070

E-mail: mann@cnrc.navy.mil

EFFECTIVE COMMUNICATION

Every single team effort is doomed to failure unless effective communication is part of the team's culture. The team task of recruiting young people for naval service is no exception. With a recruiting community of nearly 7,000 individuals spread from Italy to Japan, the need to maintain a cohesive, coordinated strategy for success is imperative. Effective two-way communication is a critical tool in overcoming the obstacles that stand between us and mission success.

Initiatives, such as the revised enlistment bonus for the FMAM months and the streamlined medical waiver policy, have been instituted specifically to help you -- the field recruiter -- succeed. Every effort is made to get the latest information about these and other initiatives to you as quickly as possible to ensure you are equipped with the most current program offerings.

While the headquarters staff is responsible to quickly disseminate the latest information to all field recruiters, the individual recruiter is also responsible to seek out that information. To be successful, you must arm yourself with the most current program information, make yourself comfortable with the details of each program, and be sure you relate that information to your applicants. Losing a prospect to a sister service or the corporate community due to a lack of familiarity with current program offerings is unacceptable.

One way to stay current on program changes is to regularly check Showcase, our command Intranet. Showcase is the tool with the most potential for helping us overcome our communication difficulties. In recent months, Showcase has been made less graphic-intensive to speed the downloading and viewing processes. The site has been updated to make surfing easier, and a "What's New" button has been added so that you can identify new items at a glance. The feature article on page 8 of this



edition provides a more in-depth look at Showcase, highlights some of the site's latest changes, and describes a few of the planned changes you'll be seeing in the near future.

In the last few months, all of CNRC's dial-in Internet Service Provider (ISP) accounts have been standardized to AT&T. Although each recruiter does not yet have individual Internet access, we are working to provide recruiters with increased Internet access. I encourage districts to develop innovative ways to ensure that each recruiter -- either individually or in groups -- regularly accesses Showcase as well as their email accounts to explore the information provided there.

For communication to be truly effective, it has to be a two-way effort. We at headquarters depend on your feedback to let us know what's working, as well as what isn't. Take the time to tell us -- and your fellow recruiters -- how you are using the tools in your toolbox to achieve success. Although the task of meeting mission goals is always daunting, we must work together and persevere. Your success in recruiting the Sailors of the 21st century will affect generations to come, not only in this country, but around the entire globe. **NR**

CNR C names *2001* *Sailor of the Year*

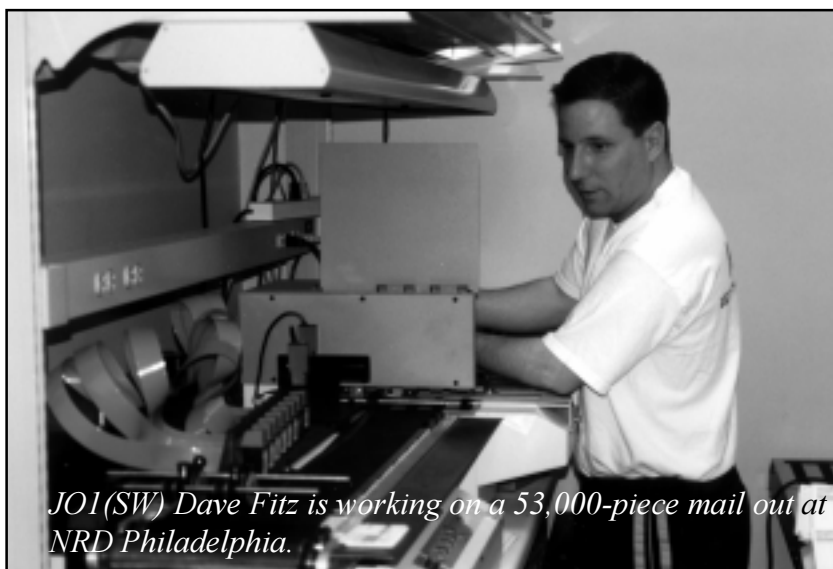
Story and Photos by ETCS (SS) Robert Acheson
NRD Philadelphia Public Affairs Officer

Navy Recruiting District Philadelphia's LEADS Department Leading Petty Officer, JO1 (SW) Dave Fitz, was selected as Commander, Navy Recruiting Command's FY 2001 Sailor of the Year. Fitz was selected from a field of six outstanding candidates representing the finest petty officers serving in recruiting. His package was also sent to the Vice Chief of Naval Operation's office for inclusion in the Navy's Shore Sailor of the Year competition to be held later this spring.

The 32-year-old Walkersville, Md., native says being stationed at Navy Recruiting District Philadelphia has been rewarding. "I take my role as a support person very seriously," he said. "I try to make the recruiters' job as easy as possible by getting qualified LEADS to enlist in the world's most powerful Navy."

He credits his success to the

support he receives from his wife, Christine, and his daughter, Ashley. "They push me to be the best husband, father and Sailor that I can be," he said. "They love the Navy as much as I do and it makes my job easy."



JO1(SW) Dave Fitz is working on a 53,000-piece mail out at NRD Philadelphia.

Working out of rate, his job is to provide the field with qualified and interested LEADS; his department provided 4,000 local LEADS last year. In July 1999, he was a major force in the department obtaining 400 qualified LEADS, which resulted in 95 new contract objectives and 45 percent of the district's goal.

Fitz is also involved in the command and community,

serving as the command's Morale Welfare and Recreation President, a member of the Command Assessment Team, and he helped establish the command's First-Class Petty Officer Association where he serves as activity

coordinator. Fitz also volunteers his time as a mentor to the second grade class at Pine Run Elementary School and as a girl's softball coach.

"I was taught early on in my Navy career to give 110 percent in anything you do and to be a

well-rounded person," he stated. "It is important to give back to the command and especially the local community in order to present the Navy in a positive light."

This summer, Fitz plans to graduate from Regents University with a bachelor's degree in liberal arts. His military goals are to be promoted to Chief and apply for Officer Candidate School as a Navy Public Affairs Officer. **NR**

The MCPON's take on RECRUITING

Master Chief James Herdt shoots from the cuff

Story by JOSN Chris Conklin

Navy Recruiter Magazine Staff Writer

Photo by PH1(AW) J.R. Portish, CNRC



MCPON discusses the business of recruiting with *Navy Recruiter*.

The Master Chief Petty Officer of the Navy (MCPON), James L. Herdt, recently visited the Navy Recruiting Command (CNRC) in Millington, Tenn., to speak at the CNRC command master chief conference, where he discussed ways to help Sailors better succeed in their Navy careers.

During his visit to CNRC, MCPON Herdt

took the opportunity to discuss recruiting and the role it plays in the Navy's mission.

Herdt, who served a tour in the recruiting ranks in the late '70s, commended recruiters on the service they provide to the Navy.

According to Herdt, the relationship between the fleet and recruiting is vital. He noted the important and difficult task recruiters face each day in what he calls the "war for talent." "The recruiter is so crucial to the fleet. There would not be a Navy without the efforts of recruiters; it is hard to categorize recruiting. That is how significant it is," said Herdt.

He also commented on the new advertising campaign the Navy released on March 15. "I like the approach we are taking. We are capitalizing on a theme that strikes the mind and the heart; the mind of those we are trying to recruit and the heart of those already serving. The new campaign stresses the idea to young people they can be part of an institution where they can really make a difference." Herdt

continued, "It also emphasizes a primary fact of a Navy career; that is the opportunity for young people to move ahead in their lives at an accelerated rate while gaining work experience and responsibility far faster than in the civilian sector."

Beyond the selling points of the new ad campaign, Herdt also stressed the versatility it brings to Navy awareness and the fact there are components set up to track what is successful and what is not.

Although the MCPON is very optimistic about the new campaign, he acknowledged ways, he feels, can take some pressure off of recruiting. "I'd like to increase the focus not just on recruiting, but also on reducing attrition and improving retention. If we are successful in those two areas, then the pressures on recruiting become less. We should really invest in the people we have serving, and capitalize on their talents so recruiting does not have to try to recruit nearly the amount of people we ask them to each year," said Herdt.

The MCPON recalled the tour he spent in recruiting and what he learned from the experience. "My single tour in recruiting served me better in preparing for this job [MCPON] than any other," said Herdt.

"I think it's [recruiting] an assignment where you grow as an individual better than any place in the Navy," stated Herdt. "You develop a communication skill that enables you to talk to anyone, and that serves you well anywhere you go. You also develop a self-confidence, which makes you feel you can take on anything."

Herdt closed by commenting on how recruiters progress throughout their recruiting tours. "Recruiters don't necessarily see themselves developing during their tours, it's after the tour when they notice the benefits. They will be able to look back and see themselves before recruiting and after. It is incredibly different."

Herdt again commended the Sailors in recruiting and said, "every one in the Navy is thankful for what recruiters are doing." **NR**

Fulfilling Dreams and Making Goals

Story and photo by
JO1 Michael B. Murdock
Public Affairs Officer
NRD Seattle

For Navy LT Romadel E. De Las Alas, assignment to Navy Recruiting District Seattle in January was an opportunity to return to the city he calls home. He left Seattle after realizing college life at the University of Washington was not living up to his expectations. He still wanted a college degree but he also wanted to earn it on his own, and up to that point his parents had been paying for his education. In an effort to get his life back on track he enlisted in the Navy. This began an 11 year journey that would eventually return him home with many of his dreams fulfilled and goals met.

"I know I've been away from Seattle for 11 years but I never felt like I was a resident of any other part of this country," said De Las Alas about Seattle.

Although De Las Alas considers himself a native of the West Seattle neighborhood where he grew up, he was actually born in the Philippines. His parents brought him to Seattle when he was only an infant. The family left their home in the Philippines in the early 1970's to seek a better life in the United States.

While growing up in West Seattle, De Las Alas attended Our Lady of Guadalupe Elementary and John F. Kennedy High

School. He remembers visiting Lincoln Park and Alki Beach as a child and exploring Pike Place Market and downtown Seattle as a teen.

"When I grew up there it was great," said De Las Alas. "I had a lot of fun and a lot of friends. As a matter of fact I still have friends there that I have known for 26 years."

Right after high school De Las Alas enrolled at the University of Washington, but he had trouble maintaining his grades and slowly found himself losing interest.

"I left the University of Washington because I wasn't getting the kind of grades I should have been getting, the kind of grades I should have been capable of getting," said De Las Alas. "I wasn't maximizing myself and to be honest I was getting a little bored with school."

De Las Alas was looking for something that would provide him with some adventure as well as help him reach his goals. After talking to a friend who was preparing to enter the service, he decided to look into it for himself.

"He told me what the opportunities were and what the possibilities were," said De Las Alas. "So I decided I'd go down to the recruiting office and find out a little bit more. I was getting bored with Seattle and wanted to see

something more."

For someone who had previously been enrolled at the University of Washington, he bewildered his recruiters by choosing to become a Navy cook. His military entrance exam test scores showed he was qualified for just about every program in the Navy. According to Romadel though, his decision was perfectly logical and one he doesn't regret.

"I was working as a waiter at The Butcher, restaurant downtown, and I thought I was going to make a career out of hotel and restaurant management," said De Las Alas. "I wasn't interested in anything that had to do with mechanics or anything like that. I think my classifier thought I was joking. But I said, no, no, that's what I want to do!"

Over the next four years he advanced to the enlisted rank of petty officer third class and took pride in his job.

"I had a lot of fun in the galley and I met a lot of people and did a lot of different things," said De Las Alas. "I did everything the Navy asked me to do and I thought I did it well."

At the end of his four-year enlistment, Romadel decided to leave active duty and attended college full time. While the GI Bill covered his college tuition, he enlisted in the Naval Reserve and



Navy Lieutenant Romadel E. De Las Alas works at his desk at Navy Recruiting District Seattle Headquarters. De Las Alas grew up in West Seattle and is enjoying the opportunity to work near his home after being away for 11-years.

worked a part-time job to cover living expenses. Following his second year at National University in Los Angeles, his wife gave birth to their son and De Las Alas was forced to apply for loans to help cover the growing needs of his family. Although he knew he was doing well in college, Romadel was surprised to learn he would graduate with honors.

"I was real surprised to get the grades I did," said Romadel. "I didn't do that well in high school and I definitely didn't do that well at the University of Washington."

He attributed this new success to the discipline and positive reinforcement he learned while in the Navy.

"One thing about the Navy is that they teach you to believe in yourself, so once I got to college I started believing that I could do well," said De Las Alas.

Just prior to graduation, De Las Alas started looking for a good paying job that would allow him to take care of his family and pay off the loans he accumulated while in college. Once again he found himself talking to a Navy recruiter. This time though, he was looking at the Navy's officer programs and within two months he found out he'd been accepted to Officer Candidate School.

"Ever since I was 10-years old I've wanted to wear a (Navy) uniform," said Romadel. "Not only an enlisted uniform but an officer uniform."

Following Officer Candidate and Surface Warfare Officer Schools, De Las Alas served aboard two Navy frigates and advanced to the rank of lieutenant. When his tour of duty aboard the second ship was complete, it was time to decide whether he would continue his career in the Navy. That decision hinged on whether or not he could get orders back to the Seattle area.

"I'd been away for 11 years," said De Las Alas. "I'd always wanted to come back home and I'd always wanted to come back home in the Navy."

After finding out there were no positions available in the Seattle area he submitted his letter of resignation and started making preparations to leave the Navy. A short time later his detailer called to let him know a opening had just become available at Navy Recruiting District Seattle. De Las Alas withdrew his letter of resignation and accepted the orders.

"Compared to where I've been, what I've done and the adventures I've had in the Navy, nothing's better than being back home." "I'm living my dream!" said De Las Alas.

Currently, De Las Alas is serving as Navy Recruiting District Seattle's Enlisted Programs Officer. NRD Seattle operates 50 recruiting stations throughout Washington, Alaska, Northern Idaho and Montana. **NR**

SHOWCASE

The Great Communicator brings you closer

Story by JOSN Chris Conklin
Navy Recruiter Magazine, Staff Writer

In this month's section of "From the Top," RADM Voelker spoke on the importance of Navy Recruiting Command's (CNRC) Showcase website. Showcase has become a powerful tool to keep the field recruiters up to speed on new information which is beneficial to their success.

Showcase offers recruiters a protected intranet site which finds and communicates information faster and with greater accuracy.

Only Sailors attached to CNRC can log on to the site, and only information pertaining to Navy Recruiting will be displayed there. According to Linda Walker, CNRC's Showcase Webmaster, "It provides recruiters a readily updated information bank. If they have questions about what the latest CNRC instructions are on topics such as enlistment or medical waivers, they can come to Showcase and take it right off a Showcase page and know it is the latest and best

information."

In the past six months, the site has taken on a new look and has seen a drastic reduction in the amount of impractical information and heavy graphics being displayed on the site, decreasing connection time. "We have cleared much of the graphics off of Showcase. The larger the graphic the longer it takes to open a site, so basically what we have done is cleaned it all out. We have gone back and been very selective with what graphics we do put on. We are starting to use thumbnails (small pictures linking one page to another) to show necessary graphics on the site," said Walker.

Since Showcase came online in 1997, it has evolved into a valuable tool for recruiters. It now gives recruiters the ability to print forms from the site, and even allows them to order recruiter assistance devices (RADS) online through the Recruiter Store Link on Showcase.

It is still a work in

progress, according to Walker. She said the Showcase production staff is always open to suggestions from recruiters. "We have tried to view Showcase from the field's point of view. We ask ourselves: 'what would the field find helpful; what do they need?'"

Those questions have established some new ideas recruiters can see on the site now. Recently, the Showcase team has composed a personal locator file for download which maintains current CNRC phone numbers.

"We are constantly researching input from the field, and having team members work on separate sections of Showcase, constantly making the system better and integrating them into the big picture, which is Showcase," Walker said.

Another change that has been organized is changing recruiters dial-up Internet access. All recruiters will have a dial-up connection with a 1-800 number, which

will enable recruiters to have Internet access on their laptop computers, regardless of location. All stations are not currently online with the new dial-up networking, but will transition at the end of their current contracts.

Showcase is also featuring a "What's New?" link to highlight new information and tools recruiters can add to their "recruiting-tool bag."

In any mission, maintaining good communication throughout the team is essential to successfully completing the mission. Such is the case in recruiting. Showcase is an example of a great communication tool, but according to RADM Voelker, every Sailor who is affiliated with CNRC must stay familiar with the tools available to him or her.

"Until all recruiters learn to take advantage of every tool in their tool bag, they're not being as effective as they could be," said Voelker.

NR

The Complete Recruiter

Taking on a task larger than one's own self

Story by JOSN Chris Conklin

Navy Recruiter Magazine, Staff Writer



GSM2 Scott Tipton is a model of kindness as a recruiter and a Sailor.

When potential Navy recruits walk into a recruiting station, it's quite possible they never imagine their recruiters becoming a source of comfort and guidance throughout their careers. Many think of recruiters as machines carrying our children off to war.

For one mid-western family, the notion of a recruiter being a pillar of comfort will forever ring true.

Gas Turbine System Mechanical Technician 2nd Class Scott Tipton, a recruiter at Naval Recruiting Station (NRS) Leavenworth, Kan., never gives his acts of kindness a second thought. As he modestly put it, "I would do it for anybody."

In the wake of the tragic terrorist attack on the *USS Cole* (DDG 67), the family of Gunners Mate 3rd Class Danny Phelps

encountered one of the longest and trying days of their lives.

However, the Phelps family had Petty Officer Tipton to help ease their minds and the anxieties of the day. "He was there through the whole thing," said Sandra Phelps, Danny's mother. According to Mrs. Phelps, Tipton didn't hesitate to contact her as soon as the news of the incident broke. "He arrived at 10 a.m. and waited all day with us until we got the news Danny was not on the casualty list."

According to Tipton, he heard of the attack while he was driving in his car. "I got a call from my wife on my cell phone. I immediately contacted the Phelps' to see if there was anything I could do. The situation was pretty intense at the time," said Tipton.

When Tipton arrived at the Phelps' residence, his first order of business was to comfort the family and try to find out if Danny was all right. "He made phone calls to Norfolk, Va., trying to find out any information. He even made phone calls to Danny's brother, Timothy, who is attending the Navy's School of Nuclear Studies in Charleston, S.C. He definitely went above and beyond the call of duty," said Mrs. Phelps. "I never expected a recruiter to do what he did. What can I say? He is just a great person."

According to Tipton, maintaining his modest outlook, "I just tried to keep their spirits up. I kept

telling the family, 'If you get a phone call that is a good thing.'"

In the mean time, Tipton continued to make calls to Norfolk to get Danny's status.

After finding out Danny was not injured, Tipton's good gestures did not stop. When the family learned Danny was going to get the opportunity to return home on leave, Tipton was there waiting with the Phelps at 1 a.m. for Danny's plane to arrive.

According to Mrs. Phelps, it was fitting for Tipton to be at the airport waiting with the rest of the family; because in her mind now, he is a part of their family. Since his arrival in Leavenworth two years ago, Tipton has recruited both Danny and Timothy into the Navy; and in May, the Phelps' daughter, Mary, will leave for Navy Recruit Training Center.

"When you recruit a person's child you form some kind of relationship with the parents and the family, but when you recruit three children from one family, you form a special bond with that family," said Tipton.

"He took care of my children," said Mrs. Phelps. "He really cares about his recruits," she added. "I have great respect for the man." It is that same respect which led Mrs. Phelps and Tipton to establish the *USS Cole* Relief Fund. in Lansing, Kan., which aids the families of those killed in the attack. **NR**

TECH Prep *is spreading*

Lamar State College-Port Arthur,
Texas is the latest Navy partner

Story and photo by JO1 Sue Roland
Navy Recruiting District Houston Public Affairs



Pictured (l-r) Dr. Gary Stretcher, Vice President of Academic Affairs; CDR Jeffrey King, Commanding Officer, NRD Houston; Janice Hutchins, Dean of Technical Programs, and Sam Monroe, President, Lamar State College-Port Arthur sign the Tech Prep agreement, officially launching the nuclear electronics Tech Prep program between the school and the U.S. Navy.

The U.S. Navy and Lamar State College-Port Arthur signed a Tech Prep agreement Monday, February 26, at the school's campus in Port Arthur, Texas. This is the first school in this area to initiate the program. "Nationwide, 17 states and their community colleges participate in the program," said James Jones, Director, Navy Tech Prep. Lamar State College-Port Arthur is one of five schools in Texas that offers this program to qualified students and Texas has the most variety, supporting 12 individual enlisted ratings," said Dr. Judith Arcy, Tech Prep Coordinator, Navy Recruiting Command.

This agreement not only gives the qualified student an education, but enables Sailors to put their particular skills and Navy training to

personal use, by helping them attain a degree in the nuclear electronics field. "Education is the key to the future of our great country and our national security strategy," said Commander Jeffrey A. King, Commanding Officer,

ate degree programs tailored to U.S. Navy enlisted ratings or occupational skills that provide training needed by the Sailor/recruits in order to enhance their U.S. Navy service time," said Jones.

"We seek only the best and the

combination of high school technical preparation programs, college coursework, and U.S. Navy technical training, thereby increasing the opportunity for student recruits to combine military service and college."

Sam Monroe, President, Lamar State College; Janice Hutchins, Dean of Technical Programs; CDR King and Dr. Gary Stretcher, Vice President of Academic Affairs, signed the agreement effectively launching the nuclear electronics Tech Prep program between the school and the U.S. Navy.

Four members from Central High School in Beaumont, Texas provided the color guard for the event. Our thanks to Marques Savala, Gerald Moore, Steven Lawrence, Tremaine James and Chief Santo Valadez, Naval Science Instructor at Central High School. **NR**

"Our Navy has always been and continues to be one of the finest sources of education and training."

- CDR Jeffrey A. King,
CO NRD Houston

Navy Recruiting District Houston. "Our Navy has always been and continues to be one of the finest sources of education and training."

Colleges, with the assistance of the Texas Higher Education Coordinating Board, develop associ-

briest. This partnership between Lamar State College-Port Arthur and the United States Navy is being accomplished at virtually no cost to either organization," said King. "The mutually beneficial arrangement allows for a

1 In A Million

NRD Ohio Recruiter Hits The Big Apple for Big Bucks

By JO1 Eric M. Franklin
Assistant Public Affairs Officer
NRD Ohio



ABFCS(AW) Jones shares a lighthearted moment with "Who Wants To Be A Millionaire" host, Regis Philbin, during taping of the show.

As you sit in the hot seat, you contemplate what your “final” answer is going to be. You feel a bead of sweat sliding off your forehead, and watch it as it makes a kamikaze dive towards the floor.

The sweat splats into a flat, miniature puddle and suddenly you snap out of your trance. What is that sound? Is that your heart beating?

You start searching the audience for a clue, someone who might tip you off as to what decision you should make. Your mind is going frantic as you notice everyone is looking at you with the same stone face **you** are displaying to millions of viewers all over the country.

You start to ask for one last shred of hope, the final lifeline, the last bullet in the gun, and then you realize... you killed off the last question with it.

“Well,” says the curly gray-haired man sitting in front of you. “What are you going to do?”

You hang your head and decide to give up. “I think I am going to take the money.”

As you shake his hand and walk off the stage, you realize that you just racked up quite a decent paycheck (\$16,000) for spending three hours in front of a television camera. Not a bad day’s work.

Millions of television viewers tune in four times a week to watch this scenario repeated over and over on “*Who Wants To Be A Millionaire*.” Does it get old? Apparently not, this two-year-old show has managed to remain at the top of the ratings despite challenges from other television shows.

Part of its popularity is that just about anyone gets a chance to try out for it simply by dialing a 1-800 number posted at the end of the show. One lucky recruiter at Navy Recruiting District (NRD) Ohio did just that.

After months of trying, ABFCS(AW) Bill Jones of Navy Recruiting Station (NRS) Barberton not only made it on the show, but also into the hot seat. The 19-year veteran is the Recruiter-in-Charge (RINC) at NRS Barberton, Ohio.

“It all started last summer,” said Jones. “I kept trying the 1-800 number, but I never got all three answers right. I laid off a while and started up again in December. In January I called and got all three correct, but the computer didn’t select me. The third time I got all three and was given a date and time to call for a playoff.”

Everyday, out of the millions of people who call the show’s 1-800 number, 240,000 get the three initial questions correct. Jones said the playoff,

which included 39 other possible contestants, was a little tougher. Ten people moved on to the next round, and from there the five fastest waited for a call.

“The next thing I knew, the producer’s calling me,” Jones said. “I thought one of my co-workers was playing a prank on me, but as the questions continued and I was eventually asked if I was ready to come to New York, I slowly realized it was for real.”

After meeting the producers and practicing different parts of the show with other contestants, they began the two-and-a-half-hour process of taping the hour-long show.

“Being there and watching it is completely different,” Jones said. “There’s a lot of stopping and editing. And when you get there in the hot seat, everything you know sitting at home, you’ve forgotten.”

When Jones did finally get into the hot seat it was near the end of the show. This would eventually work to his advantage. He had won \$16,000 and was on his \$32,000 question with all his lifelines exhausted. His question was on the “Rocky Horror Picture Show,” a movie he had seen only once, and he was not sure which of the two answers he left was the correct one.

“You’ve got the lights, the audience, your heart beating, Regis waiting,” Jones said. “In my mind, I was saying, ‘Come on, I’ve got to hear that horn sound to signal the end of the show’.”

When the first show did finally end, there was a two-hour break before taping started on the next one. Jones took this time to collect his thoughts.

“I relaxed a lot,” he said. “I started telling myself if I’m not 100 percent sure, I’m not going to answer the question. Going back from \$16,000 to \$1,000... that’s a lot.”

When the show started again, Jones took 10 minutes to think, finally decided to give up, and walked away with \$16,000. Philbin offered him a chance to guess at the answer afterwards, and he guessed it wrong.

So what plans does Jones have for the money?

“I’m not doing anything with it until I get some financial advice and pay the taxes,” he said. “Although my daughter thinks she’s already spent it.”

Jones appeared on the March 6th and 7th broadcast of “*Who Wants To Be A Millionaire?*” **NR**

The trip from

"Slug to

By Jim Garamone
American Forces Press Service

fit"

You've been a slug all winter long and now the PT test is staring you in the face. What do you do?

Well, you don't go out and start running at the same pace and distance you did in October.

Musculoskeletal injuries are a rising concern to DoD, said Diana Settles, program manager for injury prevention and physical fitness for the Navy Environmental Health Center.

"The primary internal risk factor for injuries is the lack of physical fitness of the individual," she said. "These individuals will begin participating in activities or organized sporting events without having a foundation of physical fitness. That predisposes them to injury."

Settles said many service members become "weekend PT warriors." She said that places stress on the body. "And the body responds, sometimes in a negative way," she said.

Service members are damaging their ligaments, tendons, muscles and bones. Most injuries happen to service members' legs, she said.

"We're seeing a lot of injuries to the knees and ankles," Settles said. "The most common injuries are sprains, which are partial or complete tears of the ligament; strains, which are partial tears of tendons or muscles (also known as muscle pulls); and fractures, dislocations and bruises." She said service members can help prevent injuries by not doing so much too soon.

"You really want to begin aerobically," she said. "If you have not done anything, you want to move into conditioning gradually. You don't want to place too much stress on the body at first. Get a good

pair of walking shoes or running shoes. Start, and then gradually increase your time and pace. The U.S. Surgeon General recommends every American should exercise at least 30 minutes of accumulated moderate activity (such as walking, housework, gardening, etc.) per day, five days a week.

"If you've done no running, start with walking and move to running. The same kind of moderation is true with sit-ups or push-ups — if you haven't been doing them, start low and work your way up."

Service members who have questions about what type of conditioning program to use have many avenues to explore on local installations. "The Morale, Welfare and Recreation staff have really concentrated on improving their trained staff, Settles said. "Many MWR instructors are certified, and they can provide safe and effective guidelines for service members."

Local medical facilities can offer help not only with exercise programs, but with nutrition and body fat management advice, stress management and tobacco cessation.

For more information on designing a physical fitness program, point your Web browser to www.nehc.med.navy.mil. **NR**

Got a tough question about Recruit Training Command?

For up-to-date information about Recruit Training Command visit their Web site at www.ntcpao.com/rtc.htm.

Best Stations in the Nation

For the month of February

NRD Atlanta

NRS Columbia
NRS Evans
NRS Lagrange
NRS Lexington
NRS N. Columbus

NRD Bufflo

NRS Albany
NRS Greece
NRS Hornell
NRS Horseheads
NRS Kingston
NRS Lockport
NRS New Hartford
NRS Tonawanda
NRS Waterbury

NRD Chicago

NRS Bensenville
NRS Capitol Drive
NRS Freeport
NRS Janesville
NRS Lyons
NRS Mount Prospect
NRS Pekin
NRS Peoria
NRS Pulaski
NRS Round Lake
NRS Sterling
NRS Valparaiso
NRS West Addison
NRS West Allis

NRD Dallas

NRS Abilene
NRS Altus
NRS Ardmore
NRS Arlington
NRS Athens
NRS Carrollton
NRS Cleburne
NRS Del City
NRS Denton
NRS Desoto
NRS Duncan
NRS Garland
NRS Grapewine
NRS Hillsbore
NRS Hurts
NRS Irving
NRS Lewisville
NRS McKinney
NRS Norman
NRS Oak Cliff
NRS Paris
NRS Plano
NRS Pleasant Grove
NRS Richardson
NRS S Oklahoma
City
NRS Tyler
NRS Waco

NRS Yukon

NRD Denver

NRS Cody
NRS Liberal
NRS Metro
NRS Smokey Hill
NRS Westminster

NRD Houston

NRS Aldine
NRS Alvin
NRS Baybrook
NRS Baytown
NRS Dayton
NRS Deerpark
NRS Greensroad
NRS Houston
NRS Lake Charles
NRS New Iberia
NRS Northline
NRS Pinemont
NRS Stafford

NRD Indianapolis

NRS Auburn
NRS Aurora
NRS Bedford
NRS Columbus
NRS Danville
NRS Dayton Main
NRS Lafayette
NRS Maysville
NRS Mansaw
NRS Indianapolis

NRD Jacksonville

NRS Brunswick
NRS Deland
NRS Savannah
NRS Tifton
NRS Waycross
NRS Jacksonville
NRS Blue Springs
NRS Broken Arrow
NRS Chillicothe
NRS Claremore
NRS Emporia
NRS Enid
NRS Grandview
NRS Hays
NRS Independence
NRS Joplin
NRS Lawrence
NRS Macon
NRS Manhattan
NRS Olathe
NRS Pittsburg
NRS Rogers
NRS Salina
NRS Sand Springs
NRS Sedalia
NRS Springfield West
NRS Stillwater
NRS Tulsa South

NRD Los Angeles

NRS Canoga Park
NRS Guam
NRS Kanohe
NRS Kapolei
NRS Pearlridge

NRD Miami

NRS Arecebo
NRS Brooksville
NRS Cape Coral
NRS Hialeah
NRS Humacao
NRS Kendall
NRS Margate
NRS Mayaguez
NRS Metro Miami
NRS Pembroke Pines
NRS Ponce
NRS St. Thomas
NRS W. Palm Beach
NRS Winterhaven

NRD Michigan

NRS Adrian
NRS Alpena
NRS Battle Creek
NRS Bay City
NRS Cadillac
NRS Eastpoint
NRS Flint
NRS Gaylord
NRS Grand Blanc
NRS Greenville
NRS Livonia
NRS Novi
NRS Port Huron
NRS St. Marie
NRS Traverse City
NRS Warren
NRS Westland
NRS Ypsilanti

NRD Minnesota

NRS Burnsville
NRS Coon Rapids
NRS Duluth
NRS Eau Claire
NRS Fon Du Lac
NRS Hibbing
NRS Madison
NRS Marinette
NRS North St. Paul
NRS Oshkosh
NRS Sheboygan
NRS Steven's Point
NRS Superior
NRS Wausau
NRS West Bend
NRS Winona
NRS Wisconsin
Rapid
NRS Montgomery

NRD Minneapolis

NRS Burnsville
NRS Coon Rapids
NRS Duluth
NRS Eau Claire
NRS Fon Du Lac
NRS Hibbing
NRS Madison
NRS Marinette
NRS North St. Paul
NRS Oshkosh
NRS Sheboygan
NRS Steven's Point
NRS Superior
NRS Wausau
NRS West Bend
NRS Winona
NRS Wisconsin
Rapid
NRS Montgomery

NRD Montgomery

NRS Cullman
NRS Dothan
NRS Eastwood
NRS Fairfield
NRS Gadsden
NRS Greenville
NRS Nashville
NRS Bellevue
NRS Clarksville
NRS Cleveland

NRS Guntersville

NRS Kingsport
NRS Knoxville
NRS Rivergate
NRS Somerset

NRD New England

NRS Beverly
NRS London
NRS Naples
NRS Rutland

NRD New Orleans

NRS Alexandria
NRS Conway
NRS Mountain Home
NRS New Orleans E.
NRS Picayune
NRS Veterans

NRD New York

NRS Flushing
NRS Freehold
NRS Hackensack
NRS Harlem
NRS Melrose
NRS Newton
NRS North Bergen
NRS North Plainfield
NRS Red Bank
NRS Richmond Hill
NRS Sheepshead Bay
NRS S. Street Seaport
NRS Washington
NRS Westchester Sq.
NRS White Plains
Rd.

NRD Ohio

NRS Akron
NRS Ashtabula
NRS Athens
NRS Barberton
NRS Belfontaine
NRS Boardman
NRS Canton
NRS Chillicothe
NRS Columbus North
NRS East Cleveland
NRS Elyria
NRS Findlay
NRS Fremont
NRS Lakewood
NRS Lancaster
NRS Lima
NRS Lorain
NRS Maple Heights
NRS Medina
NRS Mentor
NRS Miracle Mile
NRS Newark
NRS Norwalk
NRS Parkersburg
NRS Parma
NRS Ravenna
NRS Toledo
NRS Wooster
NRS Zanesville

NRD Omaha

NRS Green Island
NRS Ames
NRS Bellevue
NRS Burlington
NRS Council Bluffs

NRS Dubuque

NRS Kearney
NRS Mason City
NRS Moline
NRS Omaha
NRS Ottumwa

NRD Philadelphia

NRS Easton
NRS Germantown
NRS West Chester
NRS Westminster

NRD Phoenix

NRS Albuquerque
NRS Arrowhead
NRS Christown
NRS Desert Sky
NRS Flagstaff
NRS Four Hills
NRS Gallup
NRS Las Cruces
NRS Las Vegas
NRS Los Lunas
NRS Marana
NRS Mesa
NRS Paradise Valley
NRS Rio Grande
NRS Roswell
NRS Saguaro Valley
NRS Scottsdale
NRS Showlow
NRS Sierra Vista
NRS Silver City

NRD Pittsburgh

NRS Chambersburg
NRS Cumberland
NRS Dubois
NRS Hummels
NRS Johnstown
NRS Monroeville
NRS Scranton
NRS Sharon
NRS Uniontown

NRD Portland

NRS Bend
NRS Boise
NRS Eugene
NRS Gresham
NRS Klamath Falls
NRS McMinnville
NRS Nampa
NRS Ogden
NRS Price
NRS Provo
NRS Rock Springs
NRS Roseburg
NRS Springfield
NRS Twin Falls
NRS West Valley City

NRD Raleigh

NRS Asheville
NRS Gastonia
NRS Hickory
NRS Sanford
NRS Shelby
NRS Smithfield
NRS Statesville
NRS Wilkesboro

NRD Richmond

NRS Arlington

NRS Chesterfield

NRS Elizabeth City
NRS Harrisonburg
NRS Staunton

NRD San Antonio

NRS Crossroads
NRS Ingram
NRS N.E. San Antonio
NRS Odessa
NRS South Austin
NRS S. San Antonio

NRD San Diego

NRS Bullhead
NRS Clairemont
NRS Corona
NRS Costa Mesa
NRS Fullerton
NRS Garden Grove
NRS Imperial Beach
NRS Mira Mesa
NRS San Diego
NRS Santee
NRS Temecula
NRS Victorville
NRS Yuma

NRD San Francisco

NRS Concorde
NRS Fairfield
NRS Fallon
NRS Gilroy
NRS Livermore
NRS Napa
NRS Pinole
NRS Reno
NRS San Jose
NRS South Fresno

NRD Seattle

NRS Aberdeen
NRS Coeur D'Alene
NRS Colville
NRS Juneau
NRS Lewistown
NRS Missoula
NRS Soldotna
NRS South Center
NRS Walla Walla

NRD St. Louis

NRS Carbondale
NRS Collierville
NRS Corinth
NRS Decatur
NRS Dyersburg
NRS Effingham
NRS Festus
NRS Jackson
NRS Jacksonville
NRS Jefferson City
NRS Mehlville
NRS Memphis
NRS St. Louis
NRS St. Roberts
NRS West County
NRS West Plains

*Italic lettering denotes previous FY01 winners.



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